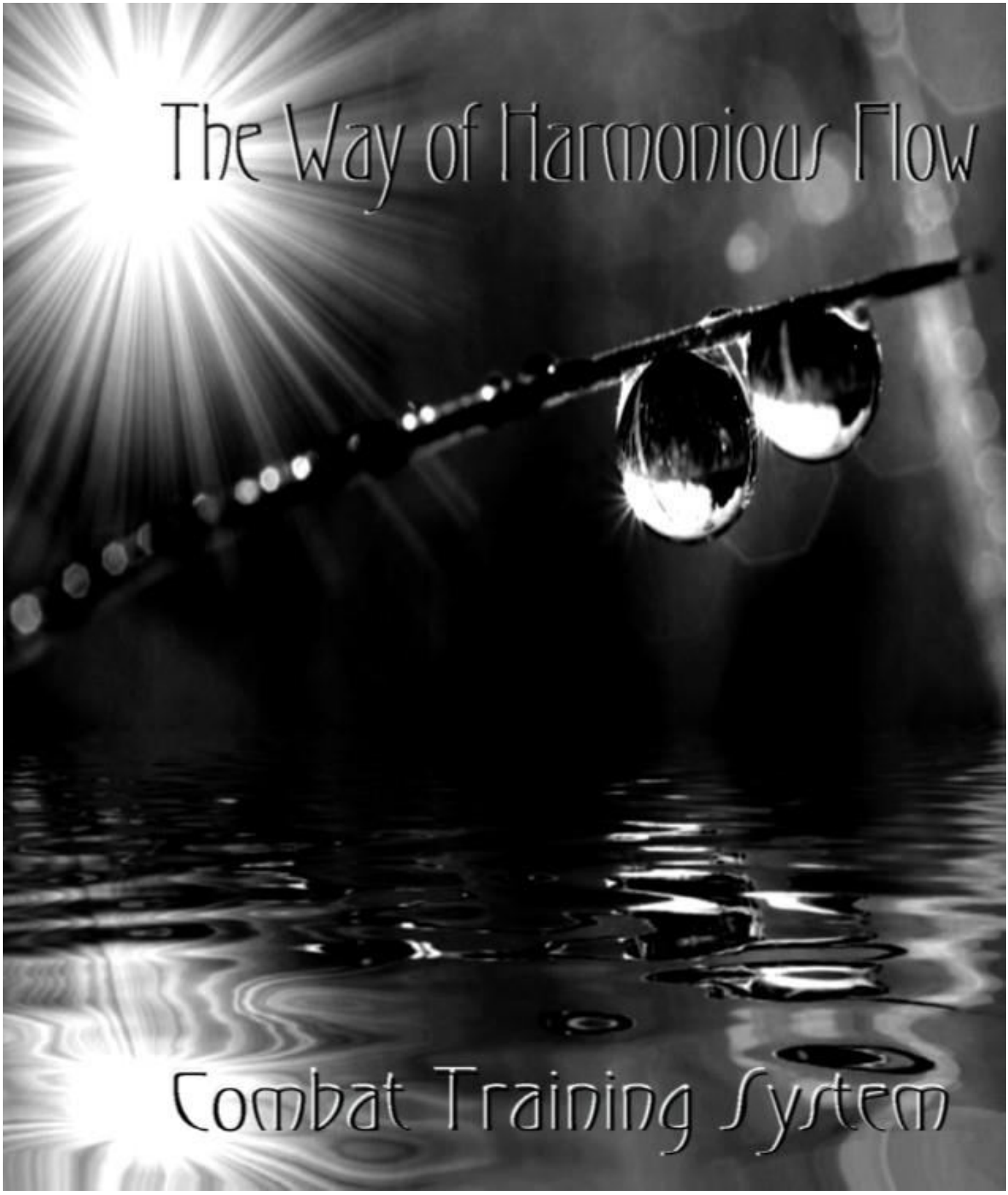

The Way of Harmonious Flow
Combat Training System

The Way of Harmonious Flow

Combat Training System

Copyright © 2019 by Tolteca Productions

Made and printed by Desktop Publishing

for the publisher Tolteca Productions

This book is free for distribution. It shall not, by way of trade or otherwise, be lent, sold, re-sold, hired out, reproduced, or otherwise circulated without the publisher's prior consent, in any form or binding or cover other than that in which it is published.

Copyright includes all digital and electronic publications or copies of this work or part thereof, including in any partly-altered form.

Copyright © 2019. All rights reserved.

The Way of Harmonious Flow

Combat Training System

Contents

Introduction

The Way of Harmonious Flow as a martial art *i*

The Way of Harmonious Flow structure *ii*

True well-being *iii*

The Way of Harmonious Flow

System core foundations *1*

Combat system core foundations *1*

Combat system expansion *2*

Complete workout *3*

Fitness *10*

Total body relaxation *11*

Mindset *12*

Tolteca – conditioning for, and optimising, ego-strike *13*

Best combat techniques *14*

The 10 basic in-combat techniques *16*

10 basic techniques in depth – flowing in combat *17*

The 4-step flow to KO *19*

Martial arts styles and techniques brought into flowing harmony *20*

Brazilian jiu-jitsu *20*

Traditional jiu-jitsu *21*

Muay Thai *26*

Western boxing *49*

Wing Chun *54*

Pa kua *55*

Pa kua chi kung *61*

Preparing to defend when caught in a street brawl *76*

Introduction

The Way of Harmonious Flow as a martial art

The *Way* is organised exactly like the Gracie BJJ training system, each step to be practiced to mastery and fully understood, standing by itself, before moving to the next, and constant practice and refinement of techniques and the flow of techniques. Doing it this way we become intimately familiar with the whole in a progressive fashion.

We start martial arts training with workout, stretching, and relax. We can then move to weights and strengthen the body further. Stretching after workout decreases stiffness-inducing lactic acid and releases tons of endorphins, which elevate the mood, as does total mind/body relaxation. We keep working on strength and flexibility and relaxation.

We learn to relax under pressure, how to go into a silent sober state, confident and ready to fight and win, tracking the opponent's elbows and knees simultaneously with a wider-focused, semi-peripheral vision. The opponent becomes a simple moving shape, with five moving points of intent, and we learn to handle that moving shape, both standing up and on the ground. The idea is to nullify its attacks and catch it, hold it, disable it, defeat it.

We begin to learn Gracie BJJ, progressing through the consecutive levels to completion of blue belt.

At the same time, we start to learn the 'flow to K.O.'. We keep working at both, so that they progress in tandem.

The system's foundation styles are BJJ and integrated Muay Thai/western boxing. These are augmented with specific Wing Chun/Bagua (Pa Kua) techniques. Each style is practiced separately and together.

We learn to flow in combat, protecting ourself and ruthlessly, expertly engaging full contact to disable and K.O. (knock out). We flow from standing to ground, boxing to Bagua, Wing Chun to Muay Thai, boxing to BJJ, any combination. It all flows. If in combat we choose to use only one, say BJJ, we flow from technique to technique staying within that art.

All warrior-seers should learn a combat martial art (or a few); the individual warrior should choose the one(s) that best suits his or her temperament, body type, age, and so on. The idea is to learn to flow expertly and effectively in combat, no matter which martial art is chosen.

This book doesn't explain the details of the combat techniques described. It is meant to show what a complete training system is, to give an idea of how authentic training in different styles can be brought together into a harmony of flow. We leave it up to the practitioner to do that training, and have recommended some styles and techniques to investigate.

The Way of Harmonious Flow structure

The Way of harmonious flow integrates what are currently considered the most effective fighting styles and the most effective *Way*-structures into a complete system. Inclusion of the martial arts is really a requisite for any system being a *Way* of the warrior. We will need what it offers if or when we face life-or-death situations on the path, when we get to those points. Some experience in the martial arts helps us face those situations.

Everything here is a potential lifetime path. Each aspect can be expanded out massively, taking a lifetime to master.

We can find our aspect of predilection, our own unique or particular talent, and let it flourish by expanding it out.

Yet, what is here has been simplified to its bare essence, making it easy to understand and learn and do.

Students are actually learning how to be authentic teachers, who have gone through the phases successfully and know how to do it.

Everything is structured like the Gracie 36 Combatives training system, a learning matrix where each step is separated into its own 'module', so it can be thoroughly understood, thoroughly learned, until it is intuitive, reflexive, fluid, powerful, very familiar.

Then we integrate the 'modules' into a fluid, harmonious flow.

The Gracie 36 Combatives program is the basis for this program. Everything is learned in that way.

We master each module to a high standard before we progress to the next. Each is mastered in turn.

True well-being

Look after the body in life.

Part of looking after the body is fighting to win when life and limb are on the line.

The martial arts are a form of extreme health care. We are healers, not grudge-fighters, glory-fighters or prize-fighters.

We stay humble. The real fight is against self-importance.

What we do physically and internally, from meditation, to workout, to detox, to Pa Kua, is done in the original feeling of deciding to feel better, to feel good, to have fun.

The purpose was and is fun practice for good results. That is our motivation.

We have fun learning and practicing the skill, and then experiencing the results.

We keep it fun and simple, like playing. We get very good at it because we do it a lot. We have fun getting and having those results. They are all possible.

Things go best when the student arranges their life around learning and practicing the *Way* of harmonious flow. That is, we structure our time with and for this (within wide unstructured time, the free state, which itself we come to enjoy and return to, itself a major practice), then we can get the results we want.

All the results of the *Way* of harmonious flow, from the very start, are truly worth having.

The Way of Harmonious Flow

System core foundations

1. The *Way* – integrated Tolteca, Hermetica, and Taoism

2. Combat arts – integrated BJJ, Muay Thai and western boxing, and gungfu

Beginning basic training

Do the day-by-day complete workout, each session concluded by stretching and then total body and internal energy relaxation.

Learning to heal by relaxing and *intending* is a big part of this basic training.
We take care of health, heal what needs healing, and detox into a free state.

We heal our way of connecting to people and the world. Then we are fit to handle the martial arts.

We have loving kindness. We show mercy. We do not kill. We simply have the skills to survive an attack.

Combat system training

First, the student trains in Gracie jiu-jitsu and Muay Thaiboxing, to a fairly high level of expertise and conditioning.

1. BJJ 36 Combatives training and traditional jiu-jitsu theory and training

2. Muay Thai and western boxing training and conditioning

Training peripheral awareness and intuitive mobility, timing, distance-managing, and handling attacks

1. Awareness, Muay Thai stance, and mobility (positioning)

2. Evasion

3.Distancing (front kick), closing (slip, duck/shoot), in close (slip, duck, sway, clinch)

4. Muay Thai dropping hands and punch-stops, Pa Kua deflections and wrist trap for flowing to armbar or wristlock

5. Whole-body deflection and shoulder ramming

Combat system expansion

Then we can expand our technique arsenal with Chinese (Shaolin and Wudang) gungfu.

1. Wing Chun applications 1-12

2. Pa Kua aspects 1-7

We approach these in exactly the same way as the 36 Combatives.

If we like, we can extend our technique arsenal into knife fighting.

It also helps to learn Greco-Roman wrestling. This broadens the jiu-jitsu base.

But we keep honing the basics, and when we fight, it is with our familiar system, in which we are expert.

Complete workout

First change into workout clothes and fill water bottle.

Start each session with warmup. This prepares both body and mind. The idea is to relax and loosen the muscles, not tense them.

Safety first when doing weights repetitions (reps).
Stretch out muscles used after each set of reps.

Stay hydrated and carbohydrated.

Conclude each session with a total relax (mind/body and internal energy).

Warmup

Neck: head turns side-to-side, nods up-and-down; face circles clockwise, anticlockwise.

Shoulders: straight-arm circles forward, to rear;
straight-arm arcs up front-and-down rear-and-up front;
straight-arm side arcs;
palm-down fists together at chest, spinal turn and hammerfist to rear L, R.

Hip circles L, R.
Knee circles L, R.

Standing anterior spinal stretch (hands support lower back);
Standing rear legs (hamstrings) stretch, side leg and lats stretch (gentle).

Complete workout

Day 1

Neck and abdominals (abs)

Mat

Neck front (prone side-to-side)
Abs front upper (crunches), middle (army), lower (knee raises)
Neck back (resists)

Abs obliques (crunches to L, R obliques), abs sides (prone side straight leg raises)

Gluts (straight rear leg raises)

Day 2

Lower body and kick training

Mat, handweights, kick target, heavy bag

Quadriceps – upper (sits), lower (bends), middle (sissy squats)

Hold horse stance

Hamstrings (standing curls)

Stretching I

Quads, calves

Forward lunge stretch

Groin

Hamstrings

Stretching II

Posterior stretch I, II, III

Front splits L,R

Side splits L,R

Spinal twist L,R

Posterior stretch

I – seated on mat; straight leg in front, other leg bent, sole to other inside thigh
back straight, bend at hips not the back, head to knee. L, R.

II – seated on mat; same, but straight leg lifted off ground, knee brought to
head. L, R.

III – seated on mat; same, but both legs straight in front, head to knees (full
posterior stretch).
same, but pull both heels off the ground by pulling up the toes of
both feet.

Kicking training

Aerobic exercise first, until the muscle core is warm, then kickstretch (stretching II).

Standing side kick – balance (can use wall or chair as an aid)
– chamber: knee up, groin open;
knee in line with shoulder,
support leg straight, support foot pointed to rear

– extend and hold side kick

Snap out side kicks to target solar plexus
Focus on good chambering

Push chambered knee to wall, use wall to stretch open groin L,R

Push extended side kick against wall, use wall to stretch open groin L,R

Chamber over chair back from forward stance, stretch open groin L,R

Spinal twist L,R (yoga *asana* to stretch out the hips)

Kick training to bag – front kick, blade kick, round kick, double-step side kick
knee strikes front, round

Spinal twist L, R, stretch out into splits L, R.

About stretching

Stretching is the art of **relaxing** into stretch. There are no shortcuts; it requires time; gentle, gradual progress; and lots of patience, balanced with lots of sessions.

Calm the mind and inner energy. Relax completely.

Never stretch to the point of pain or even discomfort. Be patient with your body. Never 'bounce' into a stretch, especially splits stretches. It is not how far the stretch, or how close to the ground (ego), but rather prevention of injury, and learning patience and steady work over time. Humbleness, **no ego**, is for safety.

Day 3

Pectorals and deltoids

Mat, handweights, barbell

Pectorals:
Center (quick pressups, army pressups, prone barbell press),
Upper (45º downward-incline pressups, 45º upward-incline barbell),
Lower (45º upper-body-upward-incline pressups)

Shoulders:
Side straight-arm palm-down raises
Side-rear straight-arm diagonal flyes
Front straight-arm palm-down raises
Rear straight-arm palm-up raises

Day 4

Biceps

Handweights, pullup bar

Biceps curls:
Vertical hand
Preacher
Palm down hand

Pullups reps

Day 5

Triceps

Parallel bars (can use 2 chair backs), handweights, barbell

Triceps:
Parallel bars dips
Rear vertical-hand curls
Overhead press reps

Day 6

Forearms

Spring grip, one-ended handweight

Forearms:
Inside top
Center top
Outside top

Center underside
Inside underside
Cobrahead

Day 7

Back and calves

Handweights, barbell

Back:
Standing straight-arm trapezius (traps) crunches
Middle traps lifts
Incline upper back flyes
Incline upper back barbell lifts
Laterals (lats) lifts

Calves:
Center
Outward
Inward
Front calves center, outward, inward

Fitness

Warmup jog (can be on the spot) for 1 minute

Run for 10 minutes (you can extend this as you get fitter)

Warmdown jog for 1 minute

Stretch quads, hamstrings, calves, groin

Stretch out into splits

Total body relaxation after each session

Sit down comfortably, or lie down comfortably, in a safe place.

Close your eyes. You can help the mind to relax with a phrase, eg:

'I am going to relax completely. I look forward to complete refreshment.'

Put your awareness into your body, and move your awareness around, as you relax your muscles one group at a time. Let the muscles feel heavy, fully relaxed to gravity. Do the same with your insides. Keep relaxing more and more.

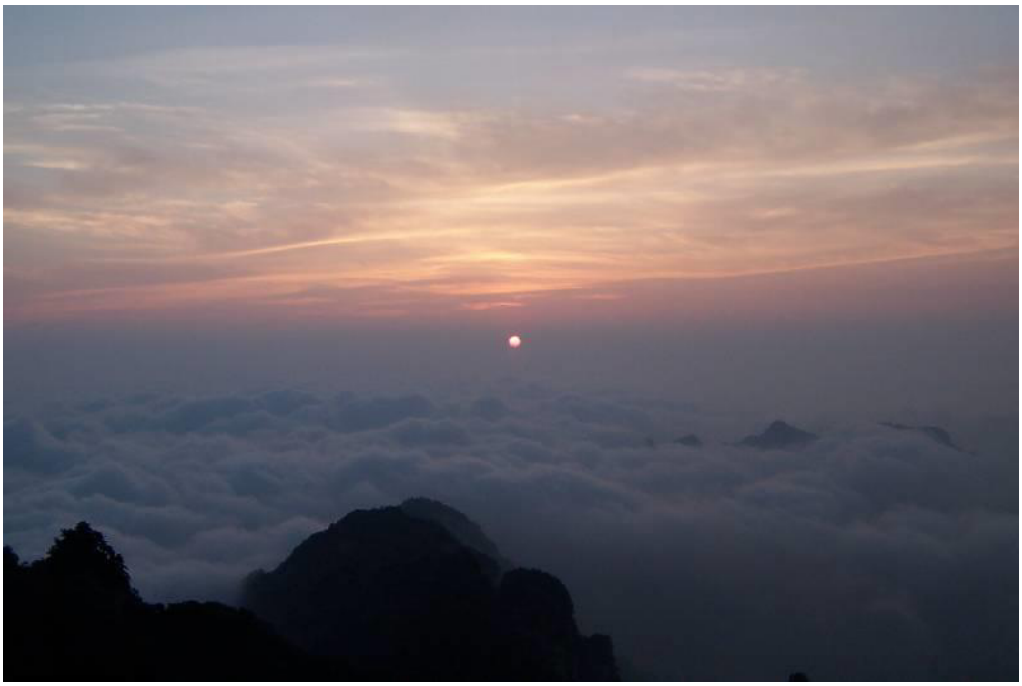
Stay in silence and total relaxation.

You can use a relaxing phrase, eg:

'Peace. Quietness. Tranquility. Serenity. Healing peace'.

If you have any injuries or dis-ease, relax that part to heal it. Feel it relax.

To conclude the session, take a deep breath and open your eyes.



Mindset

We are professional in our approach, both in training, and in combat. This is something we enjoy, are not afraid of, and are good at. We are out to win. We **will** win if our training is adequate.

'Adequate' means we master each technique with many hours of drilling and sparring.

We get to the point of being able to freeflow techniques in fast combination, because we are so familiar with them and train them in close combination flows. We are pros at this! We love it!

The best attitude is self-confidence (trusting your skills in a fight), disdain for the opponent (ruthlessness, pitilessness); silence within from total awareness of opponent's elbow and knee movements (sobriety); and the **will** to engage and to win (heart, inner strength, determination, *intent*).

We don't underestimate the opponent, but we don't overestimate him either. He is just a man who is afraid, like us. We look him in the eye and take care of business, quickly ending the fight, because we are willing and able to do it, and because we are not in awe of the opponent.

The student learns to utilise the Toltec practice of conditioning for, and optimising, ego-strikes. This renders us emotionally invulnerable.

Our training for this is the basics of the path. We are hardy, humble, at peace.

Tolteca – conditioning for, and optimising, ego-strike

An opponent is a petty tyrant. Therefore, even the thug who attacks us in the street is our training partner, giving us ego strikes, and so can help us save energy.

All strikes are strikes to the ego. Anything that makes us feel bad, negative, is an ego strike.

That includes anger, hurt, worry, dread, embarrassment, fear, shame, guilt, and so on; AND physical pain. The fight's blows and the opponent's attempted superiority are in fact to give ego strikes.

This is why a ripped shirt can demoralise; why anger creates blindness; why worry can make one lose the fight, even before it has begun.

The 'psych-out' is really all about ego-strike.

Ego-strike creates a huge pressure that is like bearing a great weight. It shuts us down into a negative attitude. Its effect is a dysfunctional, demoralised, emotional inner state and a frozen, ineffective physical state. It blurs the awareness and responses.

We can guage our level of heart, of inner strength, by the degree of effect that ego strikes have on us.

If we can learn to optimise those opportunities to relax and save energy, by not taking ourself seriously, by being humble, ceasing all complaining and protesting, by having fun with it, then we will have gotten (understood) how to wrangle the petty tyrant.

This, along with **courage and resolve to fight and win**, is the emotional-internal aspect of fighting.

Combat techniques

In combat, it's not 'go with the flow', but 'flow with the go'.

We know what we want to do, and we powerfully, ruthlessly do it, with great decisiveness, for the win.

We aim for a perfect execution every time. Grace, elegance, fluidity, total efficiency and effectiveness. 'In the zone'.

We practice to master each technique and to combine them in different flows, until we can fluidly go to any at will, as we 'flow with the opponent's go'.

We flow to the KO.

We get our KO (knockout) power undeniable and down, until we are expert at delivering KOs. We have total confidence in these specific techniques. We are masters at it.

Fighting is high-level performance, so there is huge pressure, which comes from the risk of injury and death.

We have to get used to performing at a high level under great pressure from great risk, until fighting is just another day at the office.

We get this through intensive training and can extend that to ringfighting.

The core techniques are a combination of true Muay Thai, with its authentic conditioning training, and true Brazilian jiu-jitsu, with its authentic tough streetfight purpose. A truly lethal combination.

For this, we train in the Gracie Combatives 36 Techniques, and Muay Thai traditional training, including (within the Muay-Thai program) western boxing, elbow boxing, front kicking, knee boxing in grapple, and hardcore conditioning.

The core techniques are augmented with specific Wing Chun and Pa Kua techniques.

We also incorporate traditional jiu-jitsu techniques. We have the broadest understanding we can about the jiu-jitsu component of the system. We want an intuitive understanding of theory and practice.

We use Muay Thai and western boxing standing. We use traditional jiu-jitsu standing, and BJJ standing and on the ground.

With all flowing correctly together, the best, most efficient, effective, and powerful combat flow can be achieved.

The matrix or blueprint of the flow to the KO is the flow of the *10 basic techniques*, which is further reduced to the *4-step flow to KO*.

The 10 basic techniques

1
Muay Thai stance
Total focus on the opponent, inner silence, use peripheral vision to watch and track his elbows and knees, follow their flow

2
Dropping hands, backhand deflecting hands, trapping hands
Front kicks to distance

3
Wing Chun entry technique
Control the elbow

4
Sole kick to knee

5
Headbutt in close

6
Elbow to base of skull behind ear

7
Uppercut to under point of jaw

8
Shoot in, angled-upward hammerfist or vertical fist to solar plexus (splex); or clinch

9
Finger jab to eyes (to shock and freeze him, not blind him)

10
Control elbow
Get behind
Choke out (apply sleeper hold, step back and drop weight)

10 basic techniques in depth – flowing in combat

We want to be completely relaxed yet intensely aware in the fight.

This can be difficult to master at first, because the two seem opposites, but they can be in harmony through 'an intensity of relaxed alertness', by simply shutting off all thoughts and feelings, and following the opponent's elbows and knees. Put the eyes on the solar plexus and open out peripheral vision to track his elbows and knees, all four at the same time.

The elbows and knees move at the same time but slower than the fists and feet, so they 'give a warning' of his intended strike, and they are more visible using peripheral vision that extends from the solar plexus, so we track them, not the hands and feet.

We follow the kicks, strikes, body movements, and attempted takedowns in this way, responding like a shadow to those movements, to timely apply our own strategies in the fight.

We practice being silent and visually alert while we relax the body. This is sobriety.

Practice existing at a faster speed, with faster reflexes, faster assessments, faster responses.

Move and strike faster than his reflexes.

We manage the distance, quickly go close to the side, control the elbow by covering it with the hand, and apply a finishing technique.

Front kick to distance; then Wing Chun entry technique (quickly close the distance, closest knee up, seeking arm; step to side and control his elbow).

We KO him using a variety of techniques – elbow, uppercut, choke. These are **arts**, to be mastered.

We can kick his knees to take him out of the fight. Sole kick to front/outside knee joint.

Or sole kick to inside front knee joint, if fighting front-on. We should be able to do it using peripheral vision only, keeping our eyes up, distracting the opponent's attention upward. Practice until you can do it without having to look.

Kick to the leg supporting his weight; first wait until it straightens. The kick hyperextends the joint, causing great pain and dropping the opponent. Kick **slightly into** the knee. Do not cripple. This takes practice.

We can attack with headbutts in sudden strikes to nose, face, temples, eyes, to stun and open him up.

We can take him down with a powerful headbutt. We can use multiple headbutts in the clinch or in mount.

Finger jab to eyes is to temporarily obscure vision and distract, not to permanently blind.

When he momentarily can't see, we position ourself and KO him. It's a quick one-two.

Warning This technique raises the seriousness of the fight, so it should only be used in very serious situations. The opponent, after our use of this technique, will similarly raise the level of his own viciousness.

So, when we use it, we have to make sure that he is incapacitated immediately after its use.

We are expert fighters standing and on the ground. We use the ground in many ways. We use gravity.

We use the ground for leverage. **We use the ground as the foundation of the fight**. We incorporate it in the fight.

4-step flow to KO

'Flowing with the go'

Wing Chun

1. Wing Chun entry technique

   Control of elbow on the outside

2. Sole kicks to knees (to disable and drop)

Muay Thai

3. While controlling his elbow – uppercut to under point of jaw

   elbow to base of skull

   elbow under jaw

All are **core strikes** into his brain stem for KO.

BJJ

4. Control his elbow, slide up his arm to throat as you get behind him, and apply rear naked choke

Choke him out with rear naked choke (step back R and drop weight, and pull back shoulder for KO).

Martial arts styles and techniques brought into flowing harmony

Brazilian jiu-jitsu

Gracie Combatives 1-36

Lesson			Location		Confidence*		
#	Technique	Position	Page	Disc	Low	Med	High
1	Trap and Roll Escape	*Mount*	17	1			
2	Americana Armlock	*Mount*	18	1			
3	Positional Control	*Mount*	19	1			
4	Take the Back	*Mount*	20	2			
5	Rear Naked Choke	*Back Mount*	21	2			
6	Leg Hook Takedown	*Standing*	22	2			
7	Clinch (Aggressive Opponent)	*Standing*	23	3			
8	Punch Block Series (Stages 1-4)	*Guard*	24	3			
9	Straight Armlock	*Mount*	25	3			
10	Triangle Choke	*Guard*	26	4			
11	Elevator Sweep	*Guard*	27	4			
12	Elbow Escape	*Mount*	28	4			
13	Positional Control	*Side Mount*	29	5			
14	Body Fold Takedown	*Standing*	30	5			
15	Clinch (Conservative Opponent)	*Standing*	33	5			
16	Headlock Counters	*Mount*	34	6			
17	Doube Leg Takedown	*Standing*	35	6			
18	Headlock Escape 1	*Side Mount*	36	6			
19	Straight Armlock	*Guard*	37	7			
20	Double Ankle Sweep	*Guard*	38	7			
21	Pull Guard	*Standing*	39	7			
22	Headlock Escape 2	*Side Mount*	40	8			
23	Guillotine Choke	*Standing*	41	8			
24	Shrimp Escape	*Side Mount*	41	8			
25	Kimura Armlock	*Guard*	43	9			
26	Standing Headlock Defense	*Standing*	44	9			
27	Punch Block Series (Stage 5)	*Guard*	45	9			
28	Hook Sweep	*Guard*	46	10			
29	Rear Takedown	*Standing*	47	10			
30	Haymaker Punch Defense	*Standing*	48	10			
31	Take the Back	*Guard*	49	11			
32	Guillotine Defense	*Standing*	50	11			
33	Elbow Escape	*Side Mount*	51	11			
34	Standing Armlock	*Standing*	52	12			
35	Twisting Arm Control	*Mount*	53	12			
36	Double Underhook Guard Pass	*Guard*	54	12			
Blue Belt Qualification Requirements							
N/A	Blue Belt Qualification Drill 1	*Mount*	59	13			
N/A	Blue Belt Qualification Drill 2	*Guard*	59	13			
N/A	Blue Belt Qualification Drill 3	*Side Mount*	60	13			
N/A	Blue Belt Qualification Drill 4	*Standing*	60	13			
N/A	Blue Belt Qualification Drill 5	*Freestyle*	60	13			

Traditional jiu-jitsu

Rolls

Forward on L shoulder, R shoulder; backward to ready, breakfalls L, R, backward, front

Breakfalls and rollouts

Side breakfalls L, R crouching, standing

Backward breakfall crouching, standing

Front breakfall kneeling, standing

Forward rollout to standing (ready) position from crouching, standing

Leaping forward rollout to standing (ready) position

Backward rollout to standing (ready) position from crouching, standing

Throws; rollouts to standing ready

Throws

1. Simple push / hook nearest ankle facing opponent

2. Simple pull / hook nearest ankle facing same direction

3. Thrusting-trapping hand / circling foot behind nearest foot, clothesline throw

4. Turn and cover punch / circling foot behind, rear knifehand throw

5. Head turn throw

6. Sidestep leg hook throw to front kick

7. Trap his round kick, hook foot behind support leg and throw

8. Back throw - duck under punch and step behind,
pull back shoulders and stomp kick back of nearest knee

Holds

1. Armbar onto a punch
   using Ridgehand (Tan sao)
   Thrusting-trapping hand
   Circling cobrahead press
   High X block

2. Wristlock to hand on shoulder (thumb on top, fingers underneath)
   or Low X block to low thrust or punch
   Close the hand to cause pain / thumb crush to cause pain

3. Sleeper - Thrusting-trapping hand onto punch and step behind opponent,
   apply sleeper (glide up his arm to find his throat) and step backwards and
   drop down.

4. Wristlock onto a R punch - L palm covers punching wrist / face direction of punch
   thumb on top of hand, then other thumb on top of hand;
   reverse movement to turn hand over and throw backwards.

Breakholds

1. Side kick to break wristlock

2. Side kick to break armbar

3. Forward rollout to evade armbar

4. Backward rollout to evade shoulderlock

5. Tighten arm and shoulder to nullify shoulder dislocation (drop and rise dislocation)

6. Hand rotation to break wristhold - single, double / inward, outward / combination

7. Chin push to break side headlock

Strikes

1. Distance the opponent with forward leg stomp Side kick to the kneecap. Bring the knee up to guard, then drop it very fast onto his forward knee. If you manage to buckle his knee, you can bring him down with a tackle.

2. Head butt in the clinch.

3. Open-hand throat strike using the curve of thumb and index finger.

4. Thumb into eye.

5. Dropping elbow strikes to the head and clavicles in the clinch.

6. Front kick to kneecap to distance the opponent.

7. Thrusting-trapping hand, forearm strike to throat / takedown. Hook your foot behind his nearest foot so you can trip him as you deliver the forearm strike.

8. 'Two-finger Zen' strike to trachea, downwards to drop him, and upwards to throw him up and backwards.

9. Palm heel strikes to groin, behind ear, under jaw, side of neck.

Flowing in combat

To succeed in jiu jitsu, whether BJJ or traditional, you have to have good training in the basics, and you have to know how (and practice until it's reflexive) to flow from one technique to the next to the next.

This is especially true for groundfighting. Jiu jitsu may be a great system, but it comes down to the man and his skill level.

Can you execute effective takedowns? Can you get behind the opponent? Can you effectively maintain control while you make mount transitions? Are you skilled enough to see the openings, put on the holds, and apply the leverage? Basics, basics!

Start simply and progress from there.

There are two ways to practice – standing up, and on the ground.

On the ground, change mount positions and apply different holds.
Standing up, go from hold to lock to hold to lock.

Transitioning

Flow means the use of transitional techniques. Transitional moves between holds are what give you the real control of the opponent.

If the opponent begins to escape one hold, don't fight him. Don't force the hold, trying to make it work. Let it go, and shift to another hold. If you miss the second hold, shift to a third. And so on.

If the opponent pushes you, instantly go to a move that blends with the push, say an armbar. If he pulls, do the same, say a wristlock.

There is no limit to the responses you can make, so why try to hang on to a failed hold? With the use of transitional techniques, you don't have to worry about whether the first technique succeeds. If it doesn't, or if he escapes, move with him and apply another technique.

Developing sensitivity and a feeling for the opponent's intentions is crucial in using transitions. Fit with the opponent. Feel what he is going to do and respond accordingly.

Maintain sufficient steady pressure to control the opponent with pain as you switch from hold to hold. Follow the path of least resistance.

The philosophy behind transitions is a good way to live your life. Don't fret about what hasn't worked, go to the next attempt. Flow with adversity.

Circle theory – controlling using joint pain

The joints can only rotate so far before they break. If one rotates his opponent's chosen joint to its extreme and then applies leverage, the opponent can be controlled and directed by the pain this causes.

Destroying balance structure to take down

Circle theory can also be used to bring down an attacker, by redirecting his forward momentum into a circling-down motion. For instance, on applying an armbar to the R arm, the attacker's forward movement is turned to the R, as he is pushed further and further down; eventually (in a turn or so) he will go face-down on the floor.

The head-turning throw uses both these methods. The head is grasped strongly by the chin and the hair at the back of the head; the head is turned to the extent that it can rotate, and if one keeps turning, the whole body must go with it. By continuing the turn, and also circling the body downward, the opponent will find himself on his back on the floor. He can be pinned to the floor by pushing the body weight onto the side of the jaw.

Open door theory – go with instead of resisting

The 'open door' theory is a simple one. When the opponent pushes or strikes, instead of resisting, one goes with the force and turns (rotates the hips and torso) away from the force, as a door opens when it is pushed.

For instance, if the opponent pushes the L shoulder with his L hand, your L shoulder goes with his hand as your torso rotates to the L. One is then on the outside of the pushing arm, a most advantageous position. At the push, one can grab the wrist with the L hand and rotate, and apply an armbar.

This uses the opponent's force against him. It removes the target from his aim. Where before, you were in front of him, now you are beside him. He has walked through a door.

Muay Thai

Conditioning

Compact

1. Fitness and stamina, flexibility

2. Mental toughness

3. Physical toughening – *hands*
knees
shins
solar plexus
ribs
head
elbows

4. Speed and agility

5. Reflexive responses

6. Total relaxation

Expanded

1. Fitness and stamina

Run up inclines. Incline sprinting.
Long slow distance running. Periodic sprinting. Run uphill.

Resolve and release tobacco addiction.

Cross-country running.

Try to avoid running on concrete. Wear proper footwear. Run until conditioned to be able to run for one hour with periodic sprinting.

Post-run stretch out and total relax.

Jump rope. One foot then the other, not both at once. 2 jumps each foot.
Stay on the balls of the feet.

Flexibility

Only stretch **after** warming up, to the muscle core.

The first phase of the stretch is the nerve stretch, which dulls the anti-stretch reflex. Then just breathe out and relax into the stretch. Wait out the anti-stretch reflex. No bouncing in the stretch at all. Let the stretch almost happen by itself.

Quadriceps and calves
Forward lunge stretch
Groin stretch
Pancake stretch
Standing feet-apart hamstring stretch, head to knee L, R
Feet together standing hamstring stretch
Posterior stretches (seated) – L leg, R leg, both legs
Front splits L, R
Side splits
Spinal twist L, R
Standing stretch with partner front and side.

Stay warm. Do a little cardio, a little stretching, and so on.
Never overstretch, and never stretch unless properly warm.

2. Mental toughness

Inner strength means no self-pity. It can be measured by one's sense of humour.

One must find inner strength on his own. It can only be attained by sustaining hardships, facing critical moments, and remaining calm.

Refuse to just fold. Take your best shot, and continue to do so.

Use your pain to intensify your focus and concentration, and to build your desire for victory.

Ignore pain as if it were not there. Keep your attention on the opponent and his flow. Increased seriousness of the situation should result in increased determination.

In any case, in a fight for your life you feel no pain.

Life or death combat

Muay Boran was developed for use in war, to quickly dispatch many opponents who are trying to kill you.

Muay Boran – have no hesitation to break bones, put out eyes, and viciously attack vulnerable and vital spots, especially the throat and neck. Get ready to do what you have to do to quickly end the fight.

Shift the eyes to *sustained unbending intent*. Feel no pity, for yourself or your opponent.

Become able – to see or do or cope with anything. Become able – to inflict pain, injury, and death. Become able – to tolerate the pain, injury, and death of another.

Make the final decision that you will win.

Wake up to what is immediate. Increase intensity to life-or-death level.

Fight with abandon and decisiveness. Final actions, certain death. This is the only time that it is possible to relax **because** it doesn't matter that you are going to die at any moment.

3. Physical toughening

Abdominals, solar plexus, ribs

Incline situps, prone crunches, prone knee lifts.
Then strike bag conditioning to solar plexus and ribs.
Round kick conditioning to solar plexus and ribs.

Pectorals

Pressups. Barbell incline press. This is also good for conditioning the triceps and abdominals.
Punch conditioning to pectorals.

Biceps

Free weights curls. Slower rather than faster is more effective.

Triceps

Free weights overhead curls.

Shoulders

Free weights rows, lateral straight-arm raises, rear straight-arm lifts, front straight-arm raises.

Back

Free weights lateral rows, forward incline rows.
Then strike bag conditioning to laterals.

Quadriceps (thighs)

Free weights squats, hamstring curls. Stertch out hamstrings between sets.
Then strike bag conditioning to the middle of thigh top, outside, inside.
Kick conditioning to thighs.

Shins

Shin kicks to well-padded kicking pole (e.g. bamboo wrapped in padding).
Towel over shin, strike repeatedly with semi-hard rubber bar.
Later, with flat semi-heavy stick.

Shin blocking to round kicks conditioning.
Round shin kicks to heavy bag. Many repetitions.

Ice shins after conditioning to prevent excessive bruising. Some bruising but no bone injury at all should be evident.
Be very patient and go slowly, and the shins will harden nicely without any injury at all. You are aiming to slowly compact the bone to increase its density. It will become dense yet retain its shape.

Several months of hard practice are required for the shins to reach their potential for being true weapons in the round kick.

Knees

Practice on a hard kicking bag can be very painful and exhausting in the beginning. Yet everyone must come to realise that nothing can be achieved without the doing.
After a few months of regular training, knees will harden and transform into real weapons.

Knee kicks to heavy bag. Many repetitions.

Fists

Punching the heavy bag.

Elbows

Striking the heavy bag.

Head

Sparring training. Stop for a few days if you suffer a knockout, and get proper medical advice from a physician familiar with the sport of boxing.

Meditation during conditioning

Joyful patient forbearance.
Tolerance. Stoicism. Breathing. Breathe into the conditioning strikes.

Do it sensibly. Never overdo it. Remember that this is a strategic exercise designed to make you a better weapon. It requires much patience and discipline. Limit the conditioning, and only go at your own comfortable pace. That pace will bear fruit without you bearing injury.

4. Speed and agility

Sparring practice. Pads training.

5. Reflexive responses

Knee sparring. Combination drills. Free sparring.

6. Total relaxation

Do this as a meditation after training.

Decide consciously to relax completely. Look forward to complete refreshment.
Drop the awareness down into the body.
Consciously let the muscle groups go limp and heavy, tension melting away.
Drop the *chi*. Breathe out into fuller relaxation.
Feel your whole body becoming very relaxed.
Peace. Tranquility. Quietness. Healing.

Refreshing visualisation. Whatever it is for you that induces a peaceful relaxation.
It might be a beach, or a room with candles, or a waterfall, or a hilltop.
Take a deep breath and return to the world.

After a while of doing this, you will be able to instantly drop into complete body relaxation. It is a learned skill. The body learns it.

Muay Thai training step by step

Muay Thai training is based on a fighter's individual work within the camp, his personal effort. Everyone knows that his fighting ability depends on how honestly and sincerely he trains.

3-5 months are required to master the basics. Some years are required to master the art.

Training times

Six days a week.
Morning and evening, 2 hours each.
Train in rounds and take two-minute rests between rounds.

All training sessions include warmup run, some stretching, calisthenics and / or weight training, and shadowboxing the techniques already learned.

Start with a run and stretch, for fitness and flexibility.
Then shadowbox,
then train in 'stations' and include some calisthenic stations interspersed with technique training.

Stations

Form and technique
Heavy bag
Pads
Sparring – noncontact, semi-contact, and full contact
Conditioning, meditation
Relaxation

Training equipment for two students

Pads - 2 x focus mitts, 2 x kicking pads
Heavy bags - long, light-heavy, heavy-heavy
Strike bags (5" x 5", filled with shot) x 2
16 oz gloves x 4
Handwraps x 4
Bag mitts x 4
Mouthguards x 2
Groin cups x 2
Shin / instep protectors x 4
Knee pads x 4
Elbow pads x 4
Head protectors x 2
Rib protectors x 2
Trunks x 2
Tracksuits x 2
Padded kicking pole
Stopwatch
Jumpropes x 2

Shadowboxing (Dtoi lom)

Intensely visualise the imaginary opponent.

Shadowboxing is a meditation. All techniques in your repertoire are performed.

Be relaxed and fast. Speed is essential in Thai boxing. Slow kicks and punches are only a waste of power, which you will need at the end of a match.

You may include the use of ankle and wrist weights.

During Dtoi lom, only a hissing sound of exhaling air while executing punches and kicks should be heard.

After running through your repertoire of techniques, practise shadowboxing combinations.

After shadowboxing, fighters spar in pairs, or move to bag or other solitary training.

1. Order of learning every strike, block, and combination

a) Technical excellence. Slow and correct in the beginning.
b) Speed and power through practice.
c) To achieve maximum effectiveness, coordinate loosening and contracting of muscles with inhaling and exhaling.

2. Almost all kinds of punches and kicks use hip / torso rotation for power. This adds the mass of the whole body to the strike.

3. Stance and movement

Muay Thai has ONE stance and no 'katas' or forms.
The fighting stance is used in fighting, and all the techniques can be executed from it.

Body weight equal on both feet.
If R handed, choose L foot slightly forward.
Body is upright and slightly rotated so lead shoulder is slightly forward.
Hands are kept in front of the head, elbows close to the body.
Chin is tucked closer to chest.

Mobility. Be a moving target.
Up on the balls of the feet, the fighter is able to dodge and attack at any moment.
Never cross the feet when fighting.
Glide / shuffle. When moving forward, front foot moves first. When moving backward, back foot steps first. Moving to left, L foot steps first. R, R foot first.

4. Learn the basic hand and elbow strikes.
Learn the basic kicks and knee strikes.
Learn some basic combinations.

Straight punch (Chok)

Jab-reverse straight punch. Relax, then punch by quickly rotating the hips and torso.
Put the shoulder behind the punch.

At the same time, the opposite hand protects the head.
Withdraw the punch back to guard position quickly.
Aim for the head.
Don't bend forward on the punch. Get closer by stepping in.
Punches are delivered in a series of many, not singly. Keep punching until the knockout or the counterattack.
After learning to punch without a target, training is continued on bag and pads.

Hook punch (Mat tong), Uppercut (Mat aat)

Learned in the same way as the straight punch.
These are not seen as often as straight punches, as they require close distance which increases risk.
Aim for the head.
Uppercut is primarily a surprise punch.
Use two straight punches (Jab-punch), then Hook.
Use two straight punches, then Uppercut.
Use two straight punches, then Hook, Uppercut.

Elbow strike (Sok)

A powerful and dangerous weapon in close fighting.
There are 3 basic elbow strikes - Hooking, Upward, and Downward.
Use whole-body rotation on the strike, whether executing Front or Rear elbow strike from the stance.
Step forward slightly into the strike.

Being short-ranged, elbows are never used as the starting strike in an attack. They are used as the 2nd or 3rd in a series, for example Jab-Hook-elbow.
Elbows can be effectively used as counterattack.
Primary target is the head, then other parts of the body.

On the bag, always practice two elbow strikes, L-R or R-L. Setup (straight punch)-elbow-elbow.
Practice fast successive elbow strikes.
A good combination is Hook punch-spinning Back elbow.

Front kick (Tiip)

Practice in combination with other kicks. A good entry technique.

Round kick (Te)

This is the most powerful kick in Muay Thai.
Kick starts suddenly from the fighting stance with simultaneous rotation of hips and torso. Turn shoulders, then hips, then straighten whole body at point of impact. This adds your whole body mass to the kick. Do not drop the knee.

It is very important to protect head and body against a counterattack.

The support leg is completely stretched out at the moment of impact, if a high kick.
Support foot up on ball of foot.
Head and body are protected by the arms.
Fist guards groin in high round kick.
This kick can be used to attack any part of the body.

Low – shin to knee joint, inner and outer
shin behind knee, rising (causes great pain by tearing the hamstring tendon)
shin to thigh, inner or outer (*Djog yan*, 'piercing a pair of bellows')

Sidestep round kick – shin to front of standing knee
shin to solar plexus

High – shin to rib
shin / instep to side of neck
shin under ear (base of skull)
shin / instep to temple

You can practice a high round kick to the shoulder. Don't drop the knee.

Jumping round kick (*Kradot te*) – shin to rib
shin / instep to temple

Great power is generated from the jump toward the opponent.
Leap and, when airborne, turn the shoulders and hips into the kick.
Straighten body at the moment of impact and follow through.
Resume a stable position on landing, to continue the attack or react to counterattack.
Best used as a surprise attack when opponent is unbalanced or retreating.

Knee kick (Kao)

A most powerful weapon at close range.
Use it whenever there is an opportunity.
Grab the opponent and deliver a devastating series of knee kicks. It is rare that someone will endure.

There are several kinds of knee kicks. There are knee kicks with and without grabbing.
These are – Front (rising) knee
Round (turning) knee
Blade (outward arc) and Crescent (inward arc) knee
Jumping (leaping) knee

Grab (*Djab ko*) the opponent by the neck, hands overlapped behind his neck. Lean against him, your forearms on his chest, bending his head down. Jerk his head down and deliver a knee to his face or solar plexus.

Then give R-L round knees to ribs.

Grapple and wrestle. Jerk his head from side to side, then powerfully jerk his head down to the side when he is unbalanced, to meet a front knee to the temple.

Line work – moving forward. Step by step, arms grab the visualised opponent and pull his head powerfully down to the side, to the outside of the Front knee kick that rises to meet it. Alternate legs.

Jumping knee kick – take a step to build power, and spring forward with as much force as possible to launch the knee into the opponent's body or head. Stretch the knee forward into the kick. Open up the groin into the stretch.

5. Heavy bag practice

Tape up your hands and use bag mitts. The fists and wrists will toughen up.

You can use the long bag to include practice of attacks to head and legs,
a smaller, lighter heavy bag to practice the grapple and knee strikes,
and a larger heavier bag to condition and build power.

Techniques in combination are designed to move in closer with each technique, to move in for the kill, and are practiced as such on the bag.

All techniques in the fighter's repertoire are practiced.

Heavy bag work is complemented by pads training.

6. Pads training

Combinations are best learned with a partner who holds two striking pads.
A series of strikes are executed to the pads while the partner retreats.
Kicks and punches should be connected as fast as possible.

Defense combinations are practiced by blocking or evading prearranged (and later, surprise) attack combinations executed by the partner; then you counterattack to the pads. The purpose of this is to connect defense and counterattack techniques as quickly as possible.

a) L-R punches, L round kick to solar plexus

Punch crossbody to opposite side pads to practice hitting through the imagined target. Partner holds pads vertically at sides, in front at head height, angled slightly inward. Then step through (slide up R) to kick. Partner holds both pads together at solar plexus, angled slightly downward.

b) L straight punch, L-R knee kicks

Slide up R for the first knee kick. Partner takes the jab on his L pad. then lowers both pads together to meet the strike, one pad to knee point and one to thigh of knee kick, for each kick.

c) Same-leg front kick, slide up and round kick, both to solar plexus

Partner stops front kick with a downward slap block with the L pad, then brings both pads together at the solar plexus.

d) Same-leg round kicks x 10 each leg, very fast (try for two per second)

This kick is to the thigh in a match. Bounce the kick off the floor like a ball.

After 10 rounds on the pads, move to noncontact / semicontact sparring with a partner. No protective gear is required (head protectors hamper vision, and don't really help protect the brain. Brain injury occurs when the brain impacts the inside of the skull, as with whiplash. This still happens using a head protector).

The purpose of this training is to improve the fighter's ability to defend while moving in the space of the ring. One attacks, one defends; then the other attacks while the previous attacker defends, and so on.

7. Sparring

The purpose of sparring is to learn to fight together with a partner, not to prove superiority.

Therefore, mutual trust and confidence should be established with a partner to avoid the hindering of progress. You are both there to help each other learn, in a supportive way.

Mistakes and consequent blows received during sparring should be accepted in an attitude of sportsmanship.

Intentional blows designed to prove superiority are indicative of a sparring partner with bad attitude, and that person should be spoken to first, then excluded from training if he persists. It shows a lack of discipline and humility, two qualities important for learning and teaching. He can go no further, because he is unfit to handle the power.

Protective gear is worn this time. Hands are bound and 16 oz gloves, mouthguard, shinguards, groin guard, and optional head protector and ribs protector are worn. Head protectors don't really work (the brain still bounces inside the skull), and they also hinder vision, resulting in more hits to the head.

Sparring lasts for 5 rounds with two-minute breaks between rounds.

Be relaxed during sparring to react with maximum speed.
Apply all previously learned techniques, combinations, and counters to learn how to make them work correctly.

Patience is important – unless you are certain that you can hit the target, you should not attack.

Fakes should look convincing. Make the opponent believe your intention, to create the opening you want. The first attack is false, the second attack hits the opponent.

Always have someone knowledgeable observing your sparring so that your opportunities for improvement can be pointed out to you.

Types of sparring – hand boxing
knee sparring
combination sparring
free sparring

Hand boxing

Wear 16 oz gloves, mouthguard, and optional head protector.

Start with give-and-take sparring with only blocks connecting. A series of 3 punches at a time each.

Practice hip rotation, jab-punch, elbow strikes, different combinations of punches; avoidance, blocking, and countering.

Boxers learn how to dodge, move, and attack in different directions, and how to connect punches in series ('punches in bunches'), ending with the elbow. Punches are always executed in a series of strikes, never as single punches.

Frequently change direction of movement and attack, and keep dodging.

Deliver the jab by being relaxed, then shoot out the jab as you rotate into the jab. At the same time, take care that your other hand protects your head.

After the attack, quickly withdraw the hand back to guard.
Don't bend forward into the strike. This increases the risk of being grabbed and kneed.

Counter the punch with an elbow strike – the elbow can counter the uppercut and hook punches. Torque down under the punch, then unwind and give a back elbow to temple. Or Inside block L, elbow to temple R, in a single rotation.

The easiest way to avoid an elbow is to fade back. Then attack from a safer distance with a kick.

Knee sparring

Requires speed, reflexive response, focused awareness, conditioned knees and shins; correct technique, courage, and confidence.

Only knee kicks, with grabs and throws, are used.

This is the most exhausting way of sparring, as many wrestling techniques are mixed with knee attacks and defense.

Warning Wear a groin guard (!); shin guards and rib protector are optional. You may also like to wear a knee pad to guard the inside knee joint.

It is important to learn to use the opponent's power against him, and to direct him in the way you want.

Clinch (grapple). Do not allow him to attain the space needed for kicking.

Round knee attack to rib. Inner and outer (crescent and blade) shin blocks.

Opponent tries to grab you. Push him away, fist to face, and release yourself before you are strongly grabbed and kneed.

Grab releases – take care of a possible knee kick.
Double hammerfist smash to outside both his elbows smashes his elbows together, then give Hooking elbow to temple.

Put arms inside opponent's grapple from below, one by one, then release his hold by jerking outward with the elbows.

Then repeat, but this time grab the opponent behind his neck; release yourself from his grab AND unbalance him by forcefully jerking him to the side. If the first attempt fails, try again immediately, this time jerking him to the other side.

Throws (thum)

Begin by pushing and dragging the opponent. Circle to assume a better position, and to unbalance him.

When he is unbalanced to one side, throw him by turning his shoulders with your elbows and forearms, and spin-throw him to his unbalanced side.

Six phases of the throw

1. Grapple.
2. Opponent begins front knee kick.
3. Evade to his inside, turn your body by stepping forward with the L foot (if his is a R knee kick), while turning your torso clockwise.
4. Forcefully bend over to the R, taking him with you.
5. Keep going.
6. Put him on the ground by shoving him away.

All this is one powerful fluid motion.

Blocks using the knee

Blade knee to his inside knee joint (to counter round knee to rib).
Blade knee to his inside thigh (to counter front knee to face or solar plexus).
Crossbody round knee to his inside knee joint (to front knee to face or solar plexus).
(to round knee to opp side rib).
Crossbody crescent knee to his outside knee joint (to front knee to groin). Deflect.
Rising knee to his inside knee joint (to counter round knee to rib).
Same knee double block (to counter L-R Round knees to ribs).

Knee sparring with no grab or grapple

Avoidance and counter. Fade back of slip to the outside. Then counter with a hand strike.
Double-handed parry to outside of knee, turning opponent away. To knee to groin.
Also to leaping front knee.

Combination sparring

If a combination is good, it will prove itself in the ring.

Some fighters like to combine punches and knee kicks, while some prefer kicks and punches.

There are no untried, theoretical combinations in Muay Thai. All accepted combinations in Thai Boxing have been proved valid in matches.

Cooperation between hands and feet is of the utmost importance.

Learn, then master your combinations by practicing them in sparring. They are your strategies to win. Combinations function to move you in for the kill, from long distance to arm's length, to in-close. Entry and setup and knockout.

Combination attacks

A series of attack techniques are executed without stopping. Get into the habit of delivering punches and kicks in series. And learn how to use this successfully in the ring.

A good attacking combination does not allow the opponent to recover or to counter. Choose the combinations that work best for you.

a) L jab, step in L, R hand thumb down behind his neck, R shin to solar plexus.
b) Same, but with R knee to solar plexus.

The straight punch can disturb; at the moment his attention loosens, a very fast round kick or knee is delivered. An unconscious reaction is to lift the hands to protect the head, opening the body up for the kick.

c) Simultaneous (actually the first technique flows immediately into the second) R straight punch with R round kick to rib.

d) R front kicks to distract and disturb the concentration; when he steps up to counter with a punch, deliver a L front knee kick to his midsection.

Bend back from the punch and use double hand head cover to block his punch. Clashing with the knee as he comes forward, the opponent increases the power of the kick himself.

Use the ropes. In the ring, boxers who successfully trap the opponent's leg often powerfully push the opponent into the ropes and deliver a series of knee kicks.
The tactic of bracing oneself with the top rope and round kicking the opponent is a useful one.

Counters

Stay calm while awaiting the opponent's attack. Then you can respond correctly.

The entire body of the opponent is encompassed by peripheral vision. Special emphasis is put on the elbows and knees, which actually move slower than the hands and feet. The eyes rest on his center, the solar plexus.

The mind is cleared of thought. All attention is put on following the flow of the elbows and knees.

Never blink when being attacked. Practice dulling the blink reflex by flicking sea water (salt water) into the eyes. Consciously avoid blinking during training.

'Intuition' is the ability to anticipate the moment of the opponent's attack. Animals can sense and anticipate danger, and so can the animal in humans. *Intuition* can only be attained through years of training and experience. Many boxers who have several years' fighting experience can feel the moment of the opponent's attack and can prevent it with their own.

This is a higher level of defense than blocking and counterattacking. Therefore, after mastering various defense techniques, a fighter must make efforts in this direction.

Countering with tactical kicks

Front kick to solar plexus counters oncoming punch. It is important to react at the right moment, because late reaction enables the opponent to startle you when you have one foot in the air.

Countering R cross punch

Simply sidestep to L, and L elbow to temple.

Counters to straight punch

Torque under the punch, to outside; unwind and give a back elbow under ear.

One rotation: inside block and elbow to temple.

Simultaneous inside block and round knee to rib, under the punch.

Clear L and sidestep round knee to solar plexus.

Punch stopped with palm / round kick to rib under the punching arm. Keep opponent distanced with other arm.

Counters to elbow strikes

Elbow strikes are responsible for the greatest number of injuries. So **pay great attention to defense against elbow strikes!** The danger of elbow strikes is why arms should always be kept in front of the head.

Double forearm block, round knee to rib.

R hand block, L hook punch.

R hand block, L hooking elbow.

Counter to round kick – to L round kick to temple

Step to L with L foot, and L round kick to support leg, just above achilles tendon. Correctly executed, this throws the opponent down. It is a speciality of Thai Boxing. Feel the moment of the opponent's attack; it is important to be faster than him.

Free sparring

There is great field for research; the possibilities are unlimited. Everyone must explore and experiment persistently on his own.

All techniques except elbow strikes are used in free sparring.

Practice feinting (tricking the opponent to create openings)

Fake punch high, round kick low.
Fake round kick low, punch high.
Fake hook punch to rib L, hook punch to temple L.
Fake hook punch to temple L, punch to face R.
Fake hook punch to head L, uppercut to jaw R.

Strive to break his rhythm by retreating, then suddenly springing forward to attack.

After sparring, the trainer's advice is carefully listened to and noted so that the same mistakes are not made again.

At the end of sparring, move to the calisthenics / weights station.

Free weights
pushups
chinups
squats
incline situps

Then stretch out and totally relax. You will feel great!

Though calisthenics are the least interesting, and are practiced at the end of training when everyone is feeling tired, they should not be neglected, because strength and endurance is extremely important in a match. A technically good, but physically unprepared, fighter will lose his power in the first rounds of a match and be easily defeated. Thai boxers are well prepared.

Western boxing

Awareness of opponent

Keep track of his elbows, which move slower than his fists. Follow his flow with a quiet focused mind, in a state of great intensity.

Stance

L hand lead, L foot lead ('orthodox'; R lead is 'southpaw'),
shoulders rounded, chin tucked, back straight.

Power

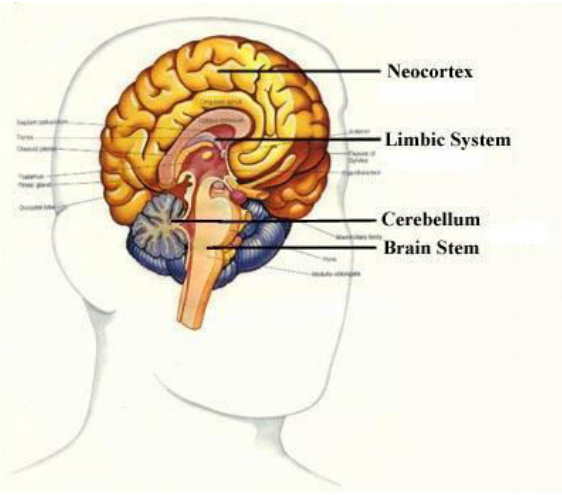
Hip and torso rotation, push off the ground for leverage with knees slightly bent,
hit through the target.

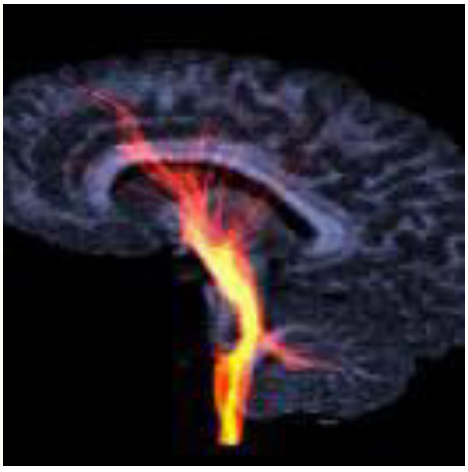
Footwork

Shuffle step, even weight distribution.

Targets

Brain stem; solar plexus nerve ganglion / heart; floating ribs / liver





Techniques

1. Jab to eye, nose, cheek, mouth / point of chin

The jab is used to guage the distance;
to set up for, and target in, the punch;
to push him back to create distance;
to stun, creating an opening.

Jolt by jabbing through. Jabs can have real power.

Execute by flicking the jab out from guard position and recoiling back to guard instantly. A good surprise punch. It has to be fast enough to beat his reflexive response.

2. Straight punch to eye, nose, cheek, mouth / point of chin

Very fast snapping movement, from temple guard. Too fast to reflexively block.
Step in as you punch. Although it snaps out, it has the hips and shoulder behind it, and goes through the target.

The palm starts at the temple facing in, and turns downward / outward as the punch comes out and the arm straightens. Palm ends facing slightly outward.
The snap is completed by recoiling back to the temple. The whole punch takes less than half a second.

3. R Cross to temple, cheek, side of jaw

Only executed when there is certainty of connecting. Do not lean in but step in to punch through the target. Timing is important. Push off the ground for leverage.

4. Hook to temple, under ear, side of neck

A close-in strike, the most powerful along with the uppercut. Because it is used in close, it must be set up first by a jab-punch.

Body shots (hooks to the ribs) can be used to lower his guard for the knockout hook to the head.

L hook pushes off the ground with the lead L foot. Hips and torso turn strongly into the punch for power. All the abdominal muscles pull the hook across in a fast jolting strike through the head.

The hook flows nicely into the uppercut or 'hookercut' (diagonally-rising hook).

5. Uppercut under jaw

Another in-close punch which must be set up first.

Bend the knees and push off the ground. Keep the elbow down, close to the centerline, close to your body. Strike through the head connecting under the jaw with a fast jolting strike. The palm faces you. Turn the hips into the strike for more power.
Step into the punch and aim right into the 'pocket' made by his guard.

Or step to the side and execute the uppercut like a 'sucker punch' (from his blind spot).

6. 'Hookercut' under side of jaw

Like a diagonal rising uppercut from the side. Like a diagonal rising hook. A combination of hook and uppercut. A close-in punch that catches the head coming down to meet it. Timing is crucial. Bend the knees and push off the ground, and turn the hips into the punch for more power.

7. Vertical punch to solar plexus

Very in-close punch. Delivered in the clinch. Fist is vertical and angled upward to give an upward penetration into the solar plexus and up under the sternum. Turn the hips into the punch and push off the ground for power. Forearm is kept at the side and fist is no more than some inches from your body, then punch is executed by rotating into the punch.

8. Palm stop to uppercut

Open palm under jaw catches and stops the punch.

9. Inside block to hook to head

Forearm into his inner elbow catches and stops the punch.

10. Elbow tuck to hook to rib

Very quick tuck and back to guard. Timing is crucial.

11. Palm checks to jab, punch to head

Bat his jabs and punches away crossbody. Not big movements, just enough to check the punches.

12. Same-side dropping hand to punch to midsection

Then recoil back up to strike him as his hand is down, leaving his head unprotected on that side.

13. Slip the jab, side-to-side jab-punch avoidance

Practice until this is reflexive and automatic.

14. Torque down under the punch

Then same hand hook to rib-hook to head.

15. Duck and sway under the hook

Practice until this is reflexive and automatic.

16. Fade back and distance with the jab

Draw him in and then attack at the right moment.

17. Circle to the R to outside the jab

18. Clinch and cover both elbows to control his arms

19. Elbow strike off the hook

Forearm block to his forearm blocks the elbow.

20. Headbutt going into the clinch

Palm stops / deflects headbutt.
Step back and uppercut as he comes in.

21. On the ropes, clinch and turn him against the ropes to escape.

Wing Chun

1. Entry technique

2. Control elbow from the side

3. Sole kick to knee

4. *Gum Sao* left (L), right (R) –
   push straight down with unstoppable palm as you ram opponent with shoulder, as partner tries to apply holds and locks (to dissolve armbar before it is properly applied)

5. *Fak Sao* to throat

6. Seeking Arm sticks to attacker's arm as *Fook Sao*,
   darts forward as arm is withdrawn as *Bil Jee* to eyes or throat

7. *Gwat Sao* to Scooping Arm against front or side kick (always on the outside),
   Fak Sao to distract / Lying Palm strike to groin,
   then step forward as you throw him backwards and down.

   Practise arm-hooking his side and front kicks.

8. Bar Arm pushes down hands / Erect Palm strike to face.

   Pak Sao pushes hand down, Erect Palm strike to face.

9. Front Thrusting kick to solar plexus stops incoming punch.

10. L palm covers punch and presses down, R *Bil Jee* to eyes from above L arm.

11. Double L arm grab on the outside, Stance-turn to R,
    R *Pak Sao* press arm down / L Vertical *Bil Jee* beside trachea.

12. Entry, Seeking Arm

    Sticky arms practice using *Tan Sao*, *Bong Sao*, *Fook Sao*, straightline punch

Pa kua

1. Iron Fan arm trap and break

Attacker punches L.

Step in close, as you R circle block the punching arm and trap it against your outer upper arm; Iron Fan palm strike to break the elbow. One fluid movement.

2. Thrusting/trapping hand

To punch or club attack.

Golden Swan 'wing' deflection to thrusting/trapping hand.

3. Dropping hands to groin kick

Utilise 'log bounces lengthways out of water' (put back the energy into the opponent by double palm strike to solar plexus and chin).

4. Sticky arms and legs

5. Heavy arms and legs

6. Takedowns

Reverse knifehand takedown

Attacker gives R punch.

Stance-turn to R as you cover the punch with your L Pressing Hand;
as you do, step your L foot behind his R foot by swinging your foot behind his, using your R foot as the pivot;
then reverse your whole movement to takedown with L Knifehand to throat / L ankle trip.

First turn to R, then reverse and turn to L.
Catch his throat as his momentum is still moving forward.

Open-hand throat strike takedown

Attacker gives R punch. You are facing him.

R outside Thrusting / Trapping Hand to punch, as you step in and circle your R foot behind his R foot; then give open-hand strike to throat and push to follow through, tripping him to take him down.

Knee fulcrum takedown

Attacker R kicks.

Can be front kick to solar plexus,
side kick to midsection or rib,
round kick to midsection, rib, or thigh.

Step to outside of kick;
to front kick, outside of knee
to side kick, or round kick, step behind the knee (behind the attacker).

To step in correctly, just swing L (outside) leg around clockwise, using inside foot as the pivot, ending behind the attacker in low Horse stance. The attacker is now, effectively, sitting in your lap.

As you do this, catch the kick; quickly execute R Scooping (leg hooking) Hand to trap the leg.

Now put L arm across his chest or throat. Push down L and pull his leg up R. Take him down to your L side.

Leg Hook Throw

Sidestep to outside of R kick into L forward Tiger stance,
R elbow-up Scooping block, hook the leg, lift and step through R to throw.

Leg hook throw from side elbow control.

Patella strike takedown

Attacker gives R Round kick to rib.

Trap the kick against its target (your ribs) and hook R foot behind support ankle, then palm heel strike to inside of kneecap, sliding it laterally off the joint.
The pain will effect the takedown, helped by the ankle trip.

Clothesline takedown

Attacker punches R.

Huen Bo circling R ankle behind his R ankle / clear and press punching elbow, reverse the movement to clothesline (forearm) to throat takedown.

7. Vital point strikes

Vital point strikes – Dragon fist

To inside upper arm

Attacker punches R.

Inside L Pressing hand to inside elbow / R Dragon fist strike to inside upper arm.
Finish with R elbow to jaw. Hold the arm up with L hand by pressing down on it.

Also – invite a block and then hurt the blocking limb.
Give a slightly extended hook punch to temple,
he will counter with an inside block,
as he does, strike his inside upper arm.

To hollow beside trachea

Attacker gives R hook punch to head.

Inside L *Bil Sao* block / R Dragon fist strike to hollow beside trachea.

To axcilla-tip of sternum

Attacker gives L punch to rib.

Step in, R Dragon fist strike to shoulder joint, then L Dragon fist strike to tip of sternum.

To behind jaw/under ear

Attacker punches R.

Stance-turning R Thrusting/Trapping Hand to control his elbow,
L Dragon fist grinds behind his jaw/under his ear.
Then L Dragon fist strike to his R temple,
then L hand controls and pulls back his R shoulder and L knee to his rear ribs.

To inside knee joint

Attacker Front kicks L.

L arm hooks the kick, R Dragon fist strike to inside knee joint,
R side kick to break his support leg knee.

Double Dragon fist strike to hollows beside nostrils / under cheekbones.

This nerve strike will temporarily blind the attacker.

To remedy, gently rub temple hollow blood toward the eyes.

Vital point strikes – Leopard Paw

The Leopard Paw is formed by pulling the fingertips in to the top edge of the palm and striking with all four second knuckles. That is, the hand is straight except for the fingers bent at the second knuckle. Thumb is tucked.

The strike uses the whole forearm, like jabbing with the butt end of a piece of wood.

To hollow beside trachea

Attacker gives L hook punch to head.

Inside R *Bil Sao* block / simultaneous vertical Leopard Paw strike to hollow beside trachea.

To axcilla-tip of sternum

Attacker gives R punch to rib.

Step in, L vertical Leopard Paw strike to shoulder joint,
then R vertical Leopard Paw strike to tip of sternum.

To inside knee joint-throat

Attacker gives R round kick to rib.

Tuck elbow, trap kick, R vertical Leopard Paw strike to inside knee joint,
then rebound to R horizontal Leopard Paw strike to throat.

Pa kua chi kung

Compact

1. Deep relaxation

2. Breathe into *tan t'ien* – learn to feel the center
heal the body
direct the flow of energy in the body

3. Tension breathing (I-IV)

4. Iron palm – sun breathing
iron hand training

5. Heavy arm and leg

6. Strike conditioning

7. Iron forearm, shin, knee, shirt, throat, and head training

8. Power punch and kick

9. Chi power vital point striking

10. Recovery breathing

1

First the student learns deep muscle relaxation.

Loosen the clothes, sit or lie in a comfortable supported position, and gently close the eyes.

Decide to relax completely. Look forward to complete refreshment.
Relax the mind.

Let go of tension from the feet. Let them rest limp and heavy.
Do the same for the legs, knees, and thighs.
Relax the gluteus, groin, and hips, up to the waist. Feel them just sinking into the floor or chair, heavy and relaxed.
Let go of tension from the hands. Let them rest limp and heavy.
Do the same for forearms, elbows, upper arms, and shoulders. Feel all tension just melting away.
Let go of tension from the entire abdomen, including the internal organs. Allow deep, flowing, relaxed breathing.
Relax the stomach, chest, and back. relax the spine. Breathe deeply; relax more and more.
Release tension in the throat and upper chest, neck, and head. Drop the shoulders into total relaxation. relax the face, eyes, and jaw and mouth, including the tongue. Drop the jaw into total relaxation, parting lips and teeth.

Let go of any tension that creeps back in. Go back to areas with residual tension and let it go. Allow the relaxation in one area to flow into another area. As you do, you can, if you like, repeat, 'I am becoming very relaxed'.

And, in deep relaxation, you can use a phrase, such as:
'Peace. Calmness. Quietness. Tranquility. Serenity. Renew. Refresh. Healing Peace'.

Or simply feel utterly relaxed and heavy, almost asleep.

Then breathe deeply once more and open the eyes. Return to the world.

Relaxation by itself is the best way to heal. Find the tension, and relax that part.

2

Breathe into the lower *tan t'ien* (learn to feel the center point).

Feel the *tan t'ien* fill with light and power (the filling breath).

Feel the energy contained in the breath fill that energy centre, located at the core of the lower abdomen. This is the center point in height and length and width of the body, a true source of power.

Breathing into the tan t'ien

Proper breathing technique –

Breathe in slowly through the nose. Expand lower chest, diaphragm, lower abdomen.
Keep the breath in the lower abdomen. Direct it there and hold.
Breathe out slowly through the mouth. As the last of the air is exhaled, clench the fists and tense the whole body.
Relax. Repeat.

Heal the body

Breathe into *tan t'ien*.
Still the mind.
Breathe in, push breath down into *tan t'ien* and hold for as long as possible.
Feel the *tan t'ien* get hot, right the way through the body to the spine.
Expand the lower abdomen as you breathe in.
Breathe out and tense the fists and forearms and lateral muscles.

Breathe in strength, well-being, power, energy, nuturing healing force.
Breathe out as that force of strength and well-being is directed to anywhere you want it to go in your body.

Lead with the focused quiet mind. Think nothing; simply concentrate on breathing.
Feel strength and well-being, rather than thinking about it. Still the mind.

Push hands to direct the flow of energy in the body

Breathe into the *tan t'ien*.
Relax completely.
Breathe in. Fill the *tan t'ien* with strength and power. Raise hands.
Breathe out. Push hands front. Breathe in. Pull the energy back.
Breathe out. Put the energy down into the legs.

Breathe in. Fill the *tan t'ien*. Raise hands back to chest level, bringing the energy back from the legs and into the upper body.
Breathe out. Push hands front. Breathe in. Pull the energy back to the *tan t'ien*.
Breathe out. Send the energy to areas that need strengthening.

The energy flows in the body like the gentle waves of the ocean shore.

3

Tension Breathing I

Raise hands, breathe in, hold breath in, clench fists / tension.
Fists go down slowly to groin guard position, breathe out audibly, tense.

Repeat.

The breath goes down into the *tan t'ien*. Always remember to breathe into the *tan t'ien*.

Tension Breathing II

Raise hands, breathe in, hold breath in, clench fists / tension.
Fists extend front, breathe out audibly, tense.

Repeat.

The breath goes down into the *tan t'ien*.

Tension Breathing III

Arms straight in front, fingers extended, palms pressed firmly together.
Breathe in as you bring hands up by bending the elbows, feeling a heavy weight.
Breathe out as you lower hands back to extended front.

The weight should be heavy enough to make the arms shiver and the body very tense.

Tension Breathing IV

Tiger claw hands at chest level, elbows slightly bent, palms facing each other.
Breathe in with great tension as you compress a thick steel spring of energy.
Breathe out as you stretch out the thick steel spring of energy.

The spring has great resistance both to compression and stretching.

Both these exercises are designed to heal the body and increase its strength.

4

Iron palm training

Sun-breathing

This meditation is done before iron hand training.

Sit in the sun, facing the sun. Interrupt the stream of thoughts to concentrate on breathing. Still the mind.

Close the eyes and notice the reddish colour of sunlight through the eyelids.
Breathe in. Feel the sunlight energy go down into the *tan t'ien*. The eyes and the *tan t'ien* are connected via energy channels. The breath leads the energy down to the *tan t'ien*. Mentally breathe in the light through the eyelids. Feel light being drawn in as air is being drawn in. This makes the body physically strong and resiliant.

Do not look directly at the sun, even with closed eyes. It is best done with the warmth of the sun on your face and body. Keep the eyes shut.

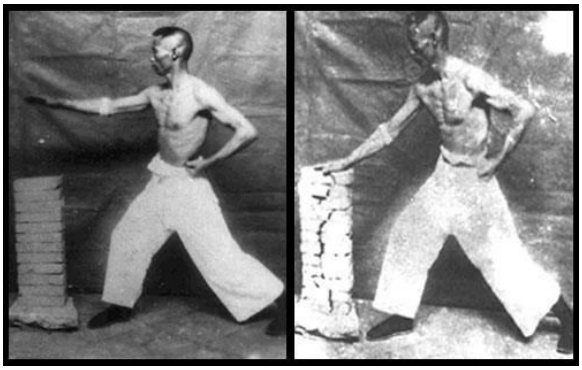
This exercise can also be done with any available light source, including a candle.

Iron Hand training

Use a shot-filled or sand-filled vinyl strikebag. Lay it flat.

1. Strike the bag in a ∞ pattern. Palm, back of hand, knifehand.
First R hand, then L. Repeat.

2. Strike straight down. Palm heel, tiger claw, fingertips, hammerfist.
First R hand, then L. Repeat.



5

Heavy arm and leg training

A tense arm is light. A relaxed arm is heavy. There is momentum.

Relax the arms. Make them heavy. Use tendons and ligaments, not muscles, for power.

Relax the arms completely. Strength comes from the shoulder ligaments and, to a lesser degree, the elbow ligaments.

Relax the legs. Make them heavy. Give them momentum. Strength comes from the hip and, to a lesser extent, the knee.

The arm or leg should have a heavy, dense feeling when correctly relaxed. It feels more powerful when striking, because it *is*.

Log falls headlong into the water

When a log falls headfirst into deep water, the water takes it in for a moment, then bounces it back out.

Opponent R punches to solar plexus.

Relax. Cancel the blow by R downward heavy arm slap.
At the slap, breathe in as you drain all the energy of the blow into yourself.
Your other hand slides along his upper punching arm and puts back his energy as you breathe out.

Opponent R shin kicks to groin.

Relax. L Back stance to remove groin from kick's reach. As you breathe in the kick's energy through the contact with your palms, cancel the kick with double downward heavy arm iron palms to the sides of the rising shin.
Palms are side by side, with the L thumb beside the R index finger. The block is not directly on the bone, but at the immediate sides of the bone.

Breathe out as you move forward into L forward tiger stance and put the kick's energy back into the attacker with L palm heel strike to chin / R vertical fist to solar plexus.

Heavy axe chops down tree (low round kick)

The momentum and weight of a heavy axe penetrates deeply into the trunk of a tree.

Heavy round kicks to outside / behind knee, striking upward with relaxed (heavy) momentum; tears the tendons and fells the opponent. Kick through the target with speed.

Warning
Bone-density conditioning of the shin is completed first, or there is the risk of a complete break of the fibula; likewise, the knee tendons have to be conditioned to give these kicks, or there is risk of pushing back the entire lower leg, destroying the knee. This can all be avoided with patient, long-term conditioning training, which gradually increases the strength of bone and tendons.

Two-man heavy arm training

First face to face, then in stance-turning side tiger stances.

L forearm to L forearm – down inside, up outside, down outside
R forearm to R forearm – down inside, up outside, down outside
Repeat for longer each session. Start with 10 seconds and increase by 5 second increments up to 30 seconds. Rest before repeating.

You can use a partner or a pole to practice.

Use arnica cream after training. This prevents bruising and heals the arms.

Heavy arm strike bag training

Strike the flat-laying bag in a ∞ pattern. Palm, back of hand, knifehand.
First R hand, then L. Repeat.

Break training

Start with a pine board, then two pine boards. Keep the grain parallel, never cross the grain.

Use tiger claw palm heel punch.

Then progress to foreknuckle punch. Line up the knuckles with the grain.
Break along the grain.

Then advance to tiles. Stacks of tiles must be separated by strips of wood at each end.

Then advance to thin brick. Place a small folded towel over the target to protect the skin from being grazed.

Then coconut. Use knifehand strike. Place coconut on folded towel to prevent rolling.

The arm can break effectively only when it is completely relaxed and confident.
It must strike all the way through the target and not bounce off, or the hand may be damaged.

The relaxed arm's hand must be conditioned enough (have the bone density) to be able to take the impact. This is achieved over time. The mind must stop and the *will* must be focused on the breaking of the target. The chi must flow freely into the strike, and also protect and harden the arm and hand.

It is good practice to bind the hand with a boxer's tape to prevent breakage of the carpal bones in the hand. Patience while conditioning is required.

Warning
Breaking is not for the ego, but for humbly learning the control of chi. Any ego in the strike will likely result in injury, which can be easily prevented.

6

Strike conditioning

Strike conditioning means to get the body used to being hit. This training makes the bones denser, and the body as a whole, tougher. It desensitises the body to pain and decreases the likelihood of bruising.

Three days to five days for each ascending level of conditioning.

1. Solar plexus – palm slaps
palm heel strikes
hammerfist strikes

2. Lower ribs – palm slaps
palm heel strikes
hammerfist strikes
shin kicks

3. Forearms – strike the forearms together – softly
firmly
solidly

under wrists
over wrists
move strikes up toward elbow under
over

Palm strike sides of forearms outside
inside

4. Knees – knee kicks to heavy bag

5. Shins – shin kicks to heavy bag
hard rubber baton
shin kick blocking

6. Shoulders – downward palm strike jolts to shoulders (stand behind trainee and strike)

7. Thighs – palm heel
hammerfist
shin kicks

8. Pectorals – palm slaps
palm heel

9. Head – point of chin – palm heel
forehead and skull – knifehand strikes
mouth and nose – palm slap

Putting energy into the ground

Attacker puches solar plexus.

Tense the abdomen and breathe out on the strike, as you make the energy from the blow travel down your legs and into the ground.

Lead the instantaneous dropping down of the energy into the ground with the mind and the breath. At the strike, the energy is already in the ground. It takes a split-second.

Strike bag impact training

Sand-filled 12" ball dropped from increasingly high level, then thrown with increasing force, at the solar plexus.

Tense abdomen and breathe out on impact.

Partner holds two 6" square shot-filled strikebags.

Begin with soft strikes and gradually, over some weeks, build to solid strikes.

Meditate on the areas to be struck by the bag. Meditation here means simply full concentration of mind and body on one point.

1. Tense pectoral muscles and abdominal muscles, and breathe out on impact. Partner punches with strike bags at the rate of about 1 -2 per second. Hands are at temple height and shoulder-width apart.

2. Arms extended laterally. Hit upper forearm nerve center. Breathe into the arms to make the forearms rock-hard.

3. Arms extended upwards. Hit laterals and solar plexus. Breathe into these muscle goups to make them rock-hard.

4. Arms extended downward. Hit shoulders and abdominals. Breathe into them to make them rock-hard.

5. Training Horse stance. Hit inside thighs, tops of thighs, and outside thighs. Breathe into them to make them rock-hard.

6. Tiger stance. Hit back of forward leg calf. Breathe into the calves to make them rock-hard.

7

Iron forearm, shin, knee, shirt, throat, and head training

Breathe into the lower *tan t'ien*. Push hands to direct the flow of energy in the body.

Relax completely.
Breathe in. Fill the *tan t'ien* with iron strength and power.
Push the energy with the hands to coat wherever you want iron strength to go.

Make the body part iron strong and resiliant. A great collection of iron chi accumulates at that area and functions as armour. It is like a supercharging.

When no longer needed, bring the energy back to the *tan t'ien* and calm it, make it soft, relax it, and let it come to rest.

8

Power punch

Feet apart, placed squarely. Legs do not move.
Swing arms in an arc from side to side. Try to get the arm on the side of the direction of the swing to go behind the back.
Then only arc the arm that goes behind the back; the other, striking arm, travels in a straight line across the body, striking to the opposite side, with great momentum.

1. Spearhand strikes to solar plexus L, R

2. Spearhand strikes to throat L, R

3. Vertical fist strikes to head L, R

Power comes from the turning waist and the momentum of the arms. Strike through the target with speed.

Power kick

1. Round shin kick to rib.

On the chamber, keep the kicking knee and the shoulders in a straight line, making the entire body straight. On the kick, turn the entire body into the kick.
This means that the entire rotating mass of the body, and not just the power of the leg, goes into the kick. The support leg is the axis of the rotation.

2. Round shin kick to outside knee.

Kick from the hip, follow right through the target. Turn the body mass into the kick.

9

Chi power vital point striking

Dragon fist strikes to hollows

The Dragon fist is formed by making a fist, then extending the second knuckle of the middle finger forward a little as the striking surface. The entire force of the punch is delivered in a tiny area, which causes great pain, shock, and penetration damage.

Chi energy rips the energy of the opponent on the strike. That energy travels from the *tan t'ien*, up the arm and out from the knuckle. Breathe out on the strike.

The shock of these strikes can disable or even kill the attacker. Many consecutive strikes to the different vital points can be delivered in a matter of seconds.

Vital point hollows –

1. Eye
2. Temple
3. Under ear / behind jaw
4. Under jaw
5. Beside trachea (carotid artery)
6. Tip of sternum
7. Inside upper arm (between biceps and triceps)
8. Just above floating rib (between ribs)
9. Kidneys
10. Inside knee joint (where the bones meet)

10

Recovery breathing

Breathe in to the lower *tan t'ien*,
Breathe out to relax the body and slow heart and breathing rate.

Raise hands, breathe in, **swallow and clench fists** to push the energy of the breath down into the *tan t'ien*; breathe out as you lower fists to groin guard position and tense at the expulsion of the very last bit of air in the lungs. Then go to 'white' (inaudible) breathing as the heart slows down, back to a resting rate.

Preparing to defend when caught in a street brawl

Violence, to the ordinary person, is terrifying and sickening. The threat of violence freezes one and causes docility and nonresistance.

But this is no way to survive a street attack. Yobs will continue to attack even after you give up and stop fighting. If you are attacked, you will have to call on all your skill and courage and fight to the death, as you make your getaway to a safer area.

Tackling a group of yobs is very foolish indeed. Yobs have far greater experience in violence and maiming, are probably armed, and have no conscience, no empathy.

Their capacity for terror and violence is honed in prison, in prison confrontations and attacks.

Yobs have a huge capacity for cruelty. They also attack innocent animals like kittens, puppies, horses and cattle, and park birds like swans and ducks, often with weapons like crossbows, poisons, rocks, and airguns. Or they just kick them to death. Many times yobs will also be the organisers of cruel dogfights. They are antisocial and totally destructive.

Yobs are often very organised, into clubs and gangs, that don't forget, and will seek their revenge. Confronting a yob and winning can change your life forever, causing your children to be attacked, your house to be burned down, your pets to be tortured and killed. Think very carefully before becoming involved.

What terrifies the average person, yobs seek as their fun. Their code is to back each other up in danger situations, and in this way they 'prove their manhood'. They test each other constantly and the alpha male of the group is the most violent, the cruellest, the one who has the most contempt for life, for peace, for society. He is always the most vicious and feared. He is the head bully and the yobs are his crew.

That also means that projecting weakness, or homosexuality, will make you a target. Even feminised men who may be straight are targets. Bullies instinctively zero in on weakness. They despise it and want to hurt it. That's why gays, women, and animals are targeted.

But a time may come when you are alone and having to deal with a yob attack. You may see a group of yobs do something that so offends your sense of decency that you feel that you *have* to do something.

Well, don't. Getting involved in a yob attack on behalf of another – animal or human – is just foolish. You will be taken down and kicked, maybe stabbed, maybe you will die. At the very least you will be hospitalised for quite some time, and will probably have one or more permanent disabilities afterwards.

One attacker is different. One attacker can be defeated.

But only if you are an experienced street fighter, and only if there is no other choice! If you are not, then see the above. Think about those who love you and who will grieve when you are horribly killed.

So, if you are willing to fight, PREPARE WELL. Get ready to fight for your life!

What can you do to prepare for a street brawl and protect yourself in this type of situation? Here are 8 simple steps you can follow to avoid ending up in the emergency room after a street fight.

1. **Wake up!** When someone threatens you, snap to attention. Be aware of your environment. Look for objects that you can use for weapons. Searching out a place to escape to is especially important if you're outnumbered.

2. **Try to defuse the situation.** Try to talk with the guy and calm him down. If you did something unknowingly that offended him (like looking at him funny), then apologise. Don't let your ego get in the way of apologising for something you didn't do. Your first goal should be to avoid fighting. Maintain confident body language. Don't show the guy you're afraid.

3. **Walk away.** If talking to the knucklehead doesn't work, start to leave the scene. But maintain alertness and walk away backwards, still facing your opponent. If he's a no-good, cowardly scum, he'll attack you from behind.

4. **Assume a fighting position.** If the jerk is still threatening you and you have nowhere to go, assume a stable fighting stance. Spread your stance to about shoulder width apart and slightly bend your knees. The goal is to maintain balance so you don't end up on the ground. **Keep your hands up to protect your face and clench your teeth.** A solid punch to an open mouth can lead to a broken jaw or tongue bitten off. Also, it's better to take off your shirt, as a shirt provides the attacker with the opportunity to cover your eyes by pulling it over your face.

5. **Defend yourself.** The goal is to defend yourself from violent and unjustified aggression, so **don't be afraid to fight dirty**. If you have any object to use as a weapon, use it. This can be anything like a chair, a bottle, or a piece of wood. Here are some other techniques that can be used in this sort of situation:

- **Knee to the groin.** No explanation needed why this is effective.

- **Low kicks to the knee, groin, or abdomen.** Kick like you're kicking down a door, using the bottom of your foot. A solid kick to one of these areas can incapacitate your attacker long enough for you to get away.

- **Headbutt to the face.** Your forehead is one of the hardest bones on your body. Use this to your advantage by headbutting your opponent hard across his nose or into his eye. If done correctly, you can do some serious damage. Power comes from the waist.

- **Throw a punch**. If done correctly, an overhand punch can put your attacker out of commission. Aim for and hit into or through the brainstem.

- **Get to his side or behind him.** That way you can control his nearest arm and KO him or take out his knee.

6. **Take punches effectively.** While you should do your damnedest to avoid getting punched, you can't avoid them all. If you have to take a punch, strive to absorb it in a way that minimises the impact and damage. Roll with punches.

- **A punch to the head.** Move towards the punch, tighten your neck muscles and clench your jaw. By moving into the punch, your attacker may miss the mark wide to either side.
  Absorb the punch with your forehead. It's the hardest bone in your body. If your attacker hits you there, his hand will be hurting and you'll have minimized the damage to yourself.
- **A punch to the body.** Tighten your stomach muscles, but don't suck in your stomach. Try to shift so the punch lands on your obliques rather than directly in the stomach or vital organs. Or tuck your elbow to block the punch.

7. **Give your best war cry.** While defending yourself, make as much noise as possible. There are two reasons for this. First is the intimidation factor. Yelling may distract and intimidate your attackers, leaving you a better chance of getting in some good blows or getting away. The second reason is to draw attention. The more people who gather around you, the easier to call a douche bag's bluff.

Also, make your war face. Make it as hard and cold as the street you are fighting on. Fill your eyes with total confidence and the desire to defeat the attacker. **Want the fight more than him**, and own him.

8. **Make your escape.** After you have incapacitated your attacker using the methods described above, get the hell out of there.

Now, the reality of an attack is that it will probably come as a 'king hit' 'sucker' punch from your blind side. You'll just get instantly KO'd. When you are in public, stay completely alert to everyone around you at all times. Keep checking behind you and to the blind sides. Listen for rustles of clothing and footsteps. Don't forget, it's a jungle out there.

Knives are not shown before the stabbing. Probably the first you'll know of the knife's existence is when it's been stuck into your heart or when your throat's been sliced open. Always assume that any attacker has at least one knife.

One attacker probably has two or three others to the side, waiting to help him if he gets into trouble with you. If you have to deal with one, make an example of him, to make the others think better of attacking as well. Really hurt him and knock him out.

If attacked by a gang, take out the biggest first. Really hurt him and use his body as a shield against the others. Get behind him. Grab his arm from the outside and stomp his closest knee.Then when he is hurt, push him into the next yob, and take out the next biggest. Use this next guy as a shield too. And so on.

If attacked in the men's room, you are going to have to do some serious damage to your attackers. Hit throats, strike to eyes, drop and punch groins. Slam heads into sharp corners. Do it very fast and efficiently. Timing your shots is crucial. When in a men's room, stay poised, always, to defend yourself and to cause any attackers to regret their actions. Watch out for knives or other weapons.

Walking along a path in the park can be a real danger zone. Stay ready to fight for survival against yobs. Stomp knees, break arms, strike throats, hit groins. Make examples of whoever tries to cause you grief. They will be doing this on a regular basis and you will not be the first they have attacked. Fight for your right to be there, if you have to.

Anyone who walks up to you should be kept at a safe distance. Passing someone on a path means that you are in striking distance. Get ready to jump out of reach, duck or block. Watch his body language and the movement of his elbows and knees alertly. Stay alert for someone coming up behind you when talking to someone. Maintain a 360º awareness of your situation.

It is more prudent not to go out at night. After dark is 'yob' time. Muggers, rapists, yobs, prey on late night strollers and people going home after a night out. If you do go out at night, always walk in a group. If you get caught alone by a single attacker, take out his eyes at the first opportunity. Go deep, try to reach his tiny brain. Once he is blind, the fight is over, and you can escape. His call, his actions; actions have consequences. He was a bully and a fool and he paid the price. As he should.

Pretend to be terrified, then when he gains confidence and drops his guard a little, thinking that you are no threat, go like lightning into both his eyes. Use the index and middle fingers of your strongest hand. Strike deeply in a 'startle' that is too quick for him to react. Time it right so that his hands are down. Aim well and do not miss.

If you miss, he will have his revenge. So get it right. Steel yourself to cause terrible harm. Then suddenly and shockingly cause it. It is him or you. Deal with your conscience and disgust later. Right now, don't think about that, and just save your life.

Don't shake hands. Doing this means that your arm is held and you can be KO'd with his other hand.

Often street fights happen between neighbours. Most times these situations can be calmed with a little straight talk and neighbourly friendliness, but often your neighbour is the neighbour from hell, and a bully who will try to drive you away with his actions.

Good advice is to move away. These bully situations are hardly ever resolved satisfactorily, and you can end up paying a high price – the death of pets, the loss of peace, and on, and on – and then have to move anyway. Best to leave and let him find someone else to bully. Don't get involved in disputes between neighbours. Be supportive and refer your neighbours to the proper help, but never get directly involved.

If you find yourself being threatened physically by a neighbour, see if you can defuse the situation. Then see if you can walk away. If you can't, then your neighbour is probably drunk or on drugs. He will be, anyway, enraged to the extreme.

Your level of self-defense is limited because the courts will not allow you to use a weapon or cause severe harm, unless you have been home-invaded. So best to wait for him to attack first, in front of witnesses who will back you up. Don't forget, *his* 'witnesses' will lie their heads off to say that you were the bad guy!

Don't let this stop you from taking care of business. If he attacks, with or without a weapon, do what you have to do to take him down and out. Deal with the courts later. Never strike first in this situation, and never use a weapon. If you follow this code, you will more than likely be fine. He will probably have a record of violence anyway.

Some enemies will be really sneaky, poisoning your pets or doing things like throwing injured rats onto your roof (if you collect rainwater for drinking), or letting their dogs run riot in your yard or encouraging it to shit in your driveway. There's no end to the things a bully can think up. Again, it is best to move. If you force them to move, they know where you live, and will return to get revenge, and you will not be able to prove it was them. The situation will continue. This is an unfortunate fact. Get over it.

Restraining orders, so difficult to get, do not work. A man is probably more likely to kill when breaking a restraining order. Going 'underground' for a while is the best way to defuse the situation. Relocate, with your stuff and your loved ones. The same goes for a bully at work. Change jobs. At school – change schools or courses.

If you are home-invaded, viciously take out everyone involved. Use whatever weapons you have to blind, cripple, and knock them out. Have a plan of attack to protect your home and loved ones. An escape route from every room, and a hidden weapon in every room. Don't be or feel limited. Kill if you have to. The alternative is rape, murder, torture, not just theft. Don't wait to find out what is on their tiny minds. They are in your home. Take them out.

Yet, always remember, self-defense is your natural-law right; but the techniques we use to protect our self and loved ones are sacred; that is, when used in harmony with natural law, they will work because our spirit will be in our corner and adding its power. But if we use those techniques to get what we want, or get revenge, or control others for our own nonsurvival benefit, or harm when we don't have to, there will be consequences for us, which can so easily be avoided by staying in harmony with natural law, and only using those techniques when we absolutely have to.